



Alzheimer Scotland  
Action on Dementia

# Dementia in the Highlands, Western Isles & Orkney

## Alzheimer Scotland Dementia Resource Centre to open in Inverness

Alzheimer Scotland will be opening a brand new Dementia Resource Centre in the heart of Inverness, at 2 Strothers Lane, (between bus station and train station) in early 2012. There are almost 4,000 people with dementia in the Highlands area and this figure is set to double within a generation.



Linking in with Alzheimer Scotland's Dementia Advisors and network of Services in the region including our dementia specific day care service at Woodlands, the Dementia Resource Centre will be a vital local point of contact for people with dementia their friends and family in Inverness and the surrounding area: providing information and advice, while also promoting early diagnostic care and support.

The centre will offer the potential for dementia specific drop-in sessions, activities and interest groups, as well as carer groups and information on dementia specific personalised support services for people with dementia and carers. It will display volunteering opportunities and be a resource for people with dementia and carers, other organisations and Alzheimer Scotland services in the Region. Dementia-specific carer awareness, training and self-management courses will also be delivered from the Dementia Resource Centre.

Maxine Johnston, Alzheimer Scotland's Regional Manager for Highland, Western Isles and Orkney, said, "we would like to thank the many kind individuals, groups and companies whose support has allowed us to secure this fantastic new Dementia Resource Centre. Dementia is a serious and significant health issue and we want to make sure that no-one feels they have to face it on their own. We are all really looking forward to the new Centre opening in Strothers Lane early next year."

"There will be significant fundraising over the next few months to make sure that the Resource Centre will be a comfortable, well equipped, relaxed, welcoming space for people with dementia and their carers. We would be delighted to hear from anyone who is interested in supporting us through volunteering, fundraising and donations, there are lots of ways to get involved."

If you have any concerns regarding dementia, you can contact Alzheimer Scotland's regional office on 01463 711707. Alternatively, you can call Alzheimer Scotland's 24 hour, freephone Dementia Helpline on 0808 808 3000.

If you are interested in supporting our Dementia Resource Centre campaign please contact Vera Haringman, Alzheimer Scotland Fundraiser Northern Scotland on 01463 711707 or e.mail [vharingman@alzscot.org](mailto:vharingman@alzscot.org)

## Ten years of 2<sup>nd</sup> Best

What do a taxidermal peregrine falcon, a coin collection, engagement ring and fancy dress items have in common? All have been donated to the '2<sup>nd</sup> Best' Charity Shop in Golspie - and have been sold on for a fair price. Whether you need china for a wedding, dancing shoes for an evening out, plants for your garden or wool and buttons for a handmade project – the '2<sup>nd</sup> Best' charity shop is bound to have it.

Ten years ago on the 21<sup>st</sup> of May 2001, the charity shop in Golspie opened its doors for the first time to raise valuable funds for Alzheimer Scotland. Its 10<sup>th</sup> anniversary was celebrated on that same date with an Annual General Meeting followed by an evening of music, food and refreshments for all who have been involved with the shop over the years. During the past ten years the shop and its team of hard-working volunteers have gone from strength to strength, having been able to donate more than £353,666 to Alzheimer Scotland. Funds raised have been used to benefit people with dementia and carers through Alzheimer Scotland's network of services in the region.

Brenda MacMillan and her team, all volunteers, painstakingly sort and prepare for sale donated items of every imaginable type. Glenda MacKenzie said, "Only with the tremendous support from the public and our team of shop volunteers, the shop has become such a success and has been able to raise so much valuable funds for Alzheimer Scotland. I want to say a heartfelt 'thank you' to all of them."

Brenda and her volunteers are keen to hear from anyone who wishes to donate items, or is interested in volunteering. If you could spare any time at all, maybe to do some ironing or mending or to serve in the shop, you would be made very welcome. Please pop in or contact Brenda MacMillan on 07778 538666.



Glenda MacKenzie, Deputy Director of Fundraising for Alzheimer Scotland with Brenda MacMillan

## Alzheimer Scotland AGM, and Staff & Volunteer Conference 2011 Volunteer Awards

### Life Membership Award Brenda MacMillan, Volunteer

Brenda has been instrumental in setting up the Sutherland Branch and the 2nd Best Charity Shop in Golspie which opened in May 2001. Since then she has been working in the shop and managing the volunteers with a lot of enthusiasm. She is also the Treasurer of the Sutherland Branch.

Managing the 2<sup>nd</sup> Best Charity Shop and raising funds for Alzheimer Scotland has become a big part of Brenda's life. In addition in managing the shop and being the treasurer for the Sutherland Branch, she will grow plants in her garden to then sell in the shop, recycles Christmas cards into gift tags for sale and is willing to help out at local events when needed. Donations to the shop come in at a very steady pace and have taken over her loft, shed, garage and sometimes dining room. She works hard at continually recycling and keeping costs low, so that as much funds as possible can be donated to Alzheimer Scotland to further its work in the Region. Her hard work is so infectious that her 89-year-old mother and her daughter help out in the shop as well.

All Brenda's hard work and enthusiasm was recognised when she was awarded a Life Membership Award.



Brenda MacMillan receiving her award from Lord Sutherland (President)

## **Exceptional Achievement Award Beryl Lisle, Volunteer**

Beryl has volunteered at the Woodlands Centre since 2007 as well as with Highland Carers Services since 2008. At 79 years old, she remains involved in a number of groups and keeps herself very busy and active in attending a walking group, local church activities, and choir to name a few.

Despite this, Beryl gave up the one day of the week she had free, to help us out until we could find another volunteer in the Nairn Service. She travelled from Inverness each week by taking two buses each way.

Beryl has a wonderful personality; she is full of fun and zest for life. She spreads joy wherever she goes, with her ready smile and laugh. She is enthusiastic and willing and cheerfully enables Service Users to engage in activities. Beryl is equally at home sitting chatting quietly on a 1:1 basis offering support to a service user or carer as required, for which she is more than qualified as she cared for her own husband who had Dementia for a number of years.

Beryl is an enthusiastic fundraiser. and has assisted with the Loch Ness Marathon and The Adrenalin drop and many coffee mornings.

Beryl intends to retire from volunteering with Alzheimer Scotland early next year when she turns 80. Her vitality, enthusiasm and sense of pure fun will be greatly missed by Service Users, Carers and Staff.

Beryl received an Exceptional Achievement Award in recognition of her valuable contribution.



Beryl Lisle with her Exceptional Achievement Award

## **Exceptional Achievement Award Joan Wallace, Volunteer and Branch Vice-Chair**

Joan joined Alzheimer Scotland Lewis and Harris Branch in 1988 when they formed a committee and started a day centre in Stornoway. She was elected vice chair and was chair from 1989 to 2002, she became chair of the local branch from 2002 to 2007 and then vice chair and to date is still vice chair of the branch.

Joan is a volunteer/escort on Mondays at the Solas day centre, Stornoway. Joan is an active fundraiser and helps out during Dementia Awareness Week. She also provides Home Support to a local family once a week. Joan is a true supporter of Alzheimer Scotland.



Joan Wallace, Lewis and Harris Branch, vice- chair and volunteer at Solas day centre Stornoway, receiving her award from Lord Sutherland (President) and Noni Cobban (Convener retired at AGM).

# FUNDRAISING NEWS

*A Big Thank You to all of our Supporters*

## 7<sup>th</sup> Annual Alzheimer Scotland Tarradale Tea Party raises over £1,100!

In August 2011, Alzheimer Scotland Council Member Judith Grant and her husband Eric hosted another extremely successful tea party in the beautiful surroundings of their home at Tarradale House, **raising £1,143** for the charity. Judith and Eric were also ably assisted by friends who volunteered their time to help out on the day.

Guests were asked to make a donation for entry to the event and in return enjoyed delicious home baking and tea, with the added opportunity of purchasing some home grown produce. Funds were also raised through a raffle with prizes kindly donated from local businesses and the sale of Alzheimer Scotland Christmas cards.

As in previous years, Judith has specified that funds raised should be used to benefit people with dementia and carers in Highland.

## Harry Gow Shops

As in previous years, Harry Gow have offered us tremendous support by displaying our collection cans in their shops for the month of June to coincide with Dementia Awareness Week. This year the fantastic amount of **£282.80** was raised.

## Alzheimer Scotland and Alzheimer's Society are Tesco Charity of the Year 2011

Over **£300,000** pounds has been raised so far in Scotland as part of our year-long partnership with Tesco. A number of stores in Highland are raising a lot of funds for us, with the Tesco Extra store at the Inverness Retail Park in 10th place nationwide!



TESCO BIG Collection Inverness, May 2011  
Brenda McEwan, Joan Deans, Murray McEwan and Willy Deans help collecting donations and giving out information



Carolanne Mainland, Alzheimer Scotland Service Manager, modelling at a Tesco Fashion show in Beaulieu

Lots of events organised by Tesco staff are taking place including: Fashion Show; Bed Push; Dress down Days for staff and Community Fairs.

## Loch Ness Marathon

More than 70 people ran during the Loch Ness Marathon and Festival of Running to raise funds for Alzheimer Scotland on Sunday 2 October. Very well done to everyone! Registration is now open for next year's event, due to take place on 30 September 2012.



Sheila Maclver, Dementia Advisor at the Alzheimer Scotland stand



Michael Golding from Ross-shire after the Marathon

## Alzheimer Scotland megastore - Click for cash!

Alzheimer Scotland has launched a brand new fundraising initiative and **all it takes is one click!**

We have launched an online megastore that will eventually have over 3000 retailers available and all that we ask you do is do your online shopping at the store of your choice (Tesco, Boots, Asda, Amazon, Argos, etc) by clicking through to the site from the Alzheimer Scotland website.

**You won't need to register**

**You won't need to create a login**

**You'll still pay the same price**

**You'll still get the same deals.**

**All you have to do is...click!**

**Go to... <http://www.our-megastore.com/alzheimer-scotland>**

Alzheimer Scotland will get a donation by earning commission and the amount we get is listed against each retailer.

You don't even have to spend any money – there are a few tricks of the trade listed on the website. (If you do sign up for any of them – set a diary reminder to cancel the agreement before the end of the trial period! For example simply filling out a 2 minute enquiry form for Optimax generates a £7 donation; please visit the 'Free deals' section.)

An average online shopper could raise £50 per year for Alzheimer Scotland but big ticket items can earn much, much more. A businessman recently earned £1,000 for his favourite charity by booking his business flights in this way.

Click for cash and help support Dementia Advisors, Dementia Nurses, Dementia Research and the Dementia Helpline.

## Fundraising:

If you are organising your own fundraising event or challenge for Alzheimer Scotland, we would love to hear from you. We can help with publicity, leaflets, merchandise and hints and tips. Vera Haringman, the Fundraiser for Northern Scotland, can be contacted via our office number on 01463 711 707 or via email [vharingman@alzscot.org](mailto:vharingman@alzscot.org)

## Calling all Knitters

Alzheimer Scotland (Argyll and Clyde) are going to attempt to beat the current world record for the largest hand knitted blanket (non crochet). The current record stands at 557.34 squared meters and is held by The Ladies of Hatfield Christian Church (South Africa).



We would like to create a blanket measuring 710 squared meters. This blanket will be made up of 71000 squares to represent the number of people in Scotland in 2010 that had dementia. This record attempt will not only raise awareness but it is hoped that it can facilitate people from all over to pass on the skill of knitting to someone they know.

We are looking to you for help. If you can knit we would really appreciate you helping by knitting squares measuring 10cm by 10cm. If you don't knit do you know someone who does and who would like to get on board with this record attempt?

If you can help in any way please contact Chris Doogan on 01546 605517 or by email at [cdoogan@alzscot.org](mailto:cdoogan@alzscot.org). An information pack will be sent to you with information on the record attempt and on what to do with your squares when you have knitted them.

We look forward to hearing from you and working together to bring this record to Scotland.

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## Calling All Quilters

How would you like to be part of a huge worldwide project for quilters? Ann Hill, Quilter in Residence at Alzheimer Scotland, latest project calls for quilts to be donated to the Hampden Park Quilt Project, taking place around May 2013.



5,000 quilts of 40" square (or close) are needed to cover Scotland's international football pitch at Hampden Park in Glasgow. Aerial photographs will be taken and sold. The quilts will be auctioned off and those left will be adopted by care homes throughout Scotland. The aim of the project is to raise awareness of dementia and how it affects not only the person affected but their families and friends.

Any design of quilt will do but if you are having trouble deciding then FREE downloadable quilt patterns will appear regularly on the following websites:

[www.annhillquilter.co.uk](http://www.annhillquilter.co.uk)

[www.alzscot.org](http://www.alzscot.org)

[www.hampdenpark.co.uk](http://www.hampdenpark.co.uk)

Your quilts which will be greatly appreciated can be sent to:

Ann Hill Quilter, Mouswald House, Mouswald, Dumfries, DG1 4LT. or

Alzheimer Scotland, 22 Drumsheugh Gardens, Edinburgh, EH3 7RN, or

Scottish Football Museum, Hampden Park, Glasgow, G42 9BA

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**Volunteering Opportunities:** Alzheimer Scotland is always keen to hear from people who are interested in raising funds or other volunteering opportunities: there are lots of ways you can help Alzheimer Scotland in the Region!

**Fundraising Volunteers:** We are looking for people throughout the region who are willing to help out at fundraising events. Whether it is manning an information stall, marshalling at events or helping with event admin: we could really use your help. These are usually weekend and evening opportunities and are spread throughout the year.

**Day Care Volunteers:** Volunteers are always required to enhance the work of our Day Care services throughout Highland. If you have a few hours to spare, please get in touch.

Contact Vera Haringman, Alzheimer Scotland Fundraiser (Northern Scotland) on 01463 711707 or e-mail [vharingman@alzscot.org](mailto:vharingman@alzscot.org) if you are interested or for further information.

## Dementia Specific Support for people with dementia, families, friends and Communities

Regional Office (pan Highland)	3 Gordon Terrace, Inverness IV2 3HD <a href="mailto:HighlandRegionalOffice@alzscot.org">HighlandRegionalOffice@alzscot.org</a>	01463 711707
North Highland Dementia Advisor	Fiona Dendy, County Community Hospital, Invergordon, IV18 0JR <a href="mailto:fdendy@alzscot.org">fdendy@alzscot.org</a>	07588 429484
South Highland Dementia Advisor	Sheila Maclver, (see Regional office above) <a href="mailto:smaciver@alzscot.org">smaciver@alzscot.org</a>	01463 711710
Inverness Services	Woodlands, 23a Culduthel Road Inverness IV2 4AN <a href="mailto:invernessservices@alzscot.org">invernessservices@alzscot.org</a>	01463 713424
Thurso Services	The Couthie Corner, Bayview House Orlig Street, Thurso KW14 7JZ <a href="mailto:thursoservices@alzscot.org">thursoservices@alzscot.org</a>	01847 892152
Wick Services	Longberry, Pulteney House, North Murchison Street, Wick KW1 5HL <a href="mailto:wickservices@alzscot.org">wickservices@alzscot.org</a>	01955 609193
Nairn & Ardersier Services	The Links, Grant Street, Nairn IV12 4NN <a href="mailto:wburgess@alzscot.org">wburgess@alzscot.org</a>	01667 422401
Ross-shire Services	Duthac House, Tain IV19 1ED <a href="mailto:rossshireservices@alzscot.org">rossshireservices@alzscot.org</a>	01862 894276
Skye & Lochalsh Services	Tigh na Drochaid Resource Centre Bridge Road, Portree IV51 9ER <a href="mailto:skyeservices@alzscot.org">skyeservices@alzscot.org</a>	01478 613450
Lewis & Harris Services	18 Bells Rd, Stornoway Isle of Lewis HS1 2RA <a href="mailto:lewis@alzscot.org">lewis@alzscot.org</a>	01851 702123

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### Sheila Maclver, Dementia Advisor, South Highland (Inverness, Nairn, Badenoch & Strathspey and Lochaber)

Originally from Glasgow, I have lived in Inverness now for 21 years. I joined Alzheimer Scotland in February 2004 as an Involvement Officer with responsibility for consultations and gathering experiences of people with dementia and family carers. My work led to the founding of the Inverness Dementia Memory Group – a peer support group for people with a diagnosis of dementia.



In 2009 my role changed to Dementia Advisor, based in Inverness, and this has broadened my activities to include information and support to family carers and to raise awareness of dementia in the wider community

### Alzheimer Scotland Welcomes Fiona Dendy, Dementia Advisor, North Highland (Caithness, Sutherland, Ross-shire and Skye & Lochalsh)

I joined Alzheimer Scotland in November and will be working from my base in Invergordon as a Dementia Advisor across the North Highlands.



I have previously worked with carers at Connecting Carers in Inverness, both on their telephone helpline and as a carer's advocate. I also worked as a Welfare Rights Advisor for the Citizens Advice Bureau and been involved in a variety of groups in my local community. I have lived in the Highlands for 10 years, but was a regular visitor to the area since I was three months old (!) as my mother's family were from Inverness-shire. Before moving here I lived in the English Midlands but I was born and brought up in the North-East of England.

We also value the continued input of **Joe Taylor** our **Sessional Dementia Advisor**.

**Dementia Advisors link in with our existing services in the region to provide light touch support, advice and information and help create dementia friendly communities.**

# Update on 'Improving Support for Carers of People with Dementia Big Lottery Project



Since the Spring newsletter, things have moved on apace with this Big Lottery funded research project looking across NHS Highland area at support and information for family or friends caring for someone with dementia at home.

There was a staff change to the team with Lynne O'Donnell in Highland and Anne Ross joining us as the new Development Worker in July. We wish Lynne all the best in her new position and would like to say thanks for all her hard work on the project.

Ethical approval for the research was obtained from the NHS and a reference group made up of family carers, health and local authority representatives and external researchers was set up to advise and comment on the research as it progresses.

To date, 146 family carers have participated through interviews, questionnaires and focus groups. We are delighted that so many have been willing to share their experience of caring and extend a big 'Thank you' to them as it adds so much more to the research.

Questionnaires also went out to all NHS Highland GP practices and staff in local authority, health, voluntary and private sectors and, again, we would like to thank the many professionals who took the time to respond.

We are now beginning to analyse all the information we have gathered and will spend the next few months analysing further, exploring some of the emerging themes with partner agencies and gathering examples of good practice. Work has also begun on the dementia-specific Resource Guide for family carers, which we intend to have available at the end of the research in hard copy and through the internet.

If you have any questions or would like further information, please contact:  
Anne Ross, Development Worker on 01463 711707 or email [aross@alzscot.org](mailto:aross@alzscot.org)

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**We rely on fundraised income to help us to campaign and to provide services for Scotland's 82,500 people with dementia and their carers.**

**Your legacy can make a difference - a gift in your will can help us to continue and maintain our work.**

**Visit our website at [www.alzscot.org](http://www.alzscot.org)**